

*How To Stop Being a Nice  
Person and Know How To  
Really Win At Life .*



Dedicated to all those who have been hurt and still believe they did not deserve it and to those who are being hurt ,its time to rise. Cause nothing in this entire life is worth your unhappiness. We are all work in progress.

Own your life.

## I LEARNT THE HARD WAY

I walk in a room and all eyes are on me. I feel insecure pretend I am fine. Eyes on me. Lips start moving. Am all alone and I cant pretend for long. Is it my imagination? Is it my paranoia. I did not do anything wrong to anyone ,I can remember. Do I look fine? Am I giving the wrong impression ? ...and then I start hearing it , the insults and the mockery. I start seeing it, the imposed isolation and evil eyes smiling and scanning me head to toe.

This isn't the first time but this time it's intense.

I learnt the hard way and it was all based on lie.

I learnt the hard way how cruel life is through a very untrue but painful story that started all in school. What I learnt I don't want anyone to learn , I want them to be told. I used to look at myself and think I did not deserve this and wept in my room but I soon changed my martyr "To no one deserves this".

In life everyone has that event that changes who they are forever , that one that makes sure they can never be the same person they were whether they fight it or not. I had my at the tender age of eighteen and it was meant to humiliate me and make me this disgrace but along with my family and I could not take it .After that curse I knew physical abuse was better than emotional abuse. Don't get me wrong being bruised has its pain but being emotionally and verbally abused over and over again makes you lifeless and suicidal

Life has many aspects and these are the ones I believe will make a difference. I learnt these ones and I don't want anyone to learn , I want you to know so you can avoid. Spiritually , socially , economically and whatever other ...lly word I left ,whichever it is life is never easy and I could say it is due to many things(which is ,always) but in the end it is because of other people. Not just other people but other evil human beings.

You probably thinking who am I to call other people evil but all religions acknowledge that there is not one being ' without sin ' . The opposite of 'without sin' is 'with sin ' , in simple terms 'with sin' all goes back to hurting another person with or without their knowledge. I have been through hell but I never said am perfect.

So here is my guide to help you love yourself , fight for yourself ,accept yourself and PROTECT YOURSELF.

Its lonely at the top

Light has nothing to do with darkness

You can not please everyone

Life goes on

There is strength in numbers

Lies are more exciting than the truth

Ignorance is bliss

Me, myself and I

Only God can judge

...Look familiar hmm...

These are the self defense mechanisms we use in our everyday and post on our social networks to show how we feeling , or what we act like we are really feeling or what we have been taught or accepted as feelings. And I don't ignore the fact these can all be a representation of how you truly feel or relate to.





## Part one

I learnt the hardway that being a nice person is a weakness. Nice is an easy word meaning giving [pleasure](#) or [satisfaction](#); [pleasant](#) or attractive. Yet its not specific a man can commit murder and say it felt nice meaning it gave him some form of satisfy action and pleasure. That is his delusion or even sickness, however who can deny we live in different realities from each other all across the world that your right is wrong to another. If it is so , are we all not living in our on delusions? You can buy a outfit and someone compliments you saying its nice . However what we fail to realize is that the word nice is incongruous , it is not specific. Surely how can a murderer feel nice and your dress is also nice .

In life we should never aim to be nice but to be kind . Whatever you do should be clearly definable. Rather than just nice. Next time your outfit should be sexy not nice because to the human mind what brings pleasure to you does not to the other. What is appealing to you is not to someone else.

If you believe in being good to others (which you should ) don't aim to be nice but strive to be kind , because its specific.

In life when you are "nice" especially the first time it's a trial and by the third time , they believe it is part of your character and decide to exploit you forever.

### **First lesson ; first impressions count**

As a nice person people take advantage and fulfill their aims on you , yet how can you succeed in your own life when someone predicts you , is always taking advantage of your kindness and forgiveness , someone insults and pushes you down constantly . Sadistic people actually believe nice people wont react to their actions and that's the plain truth . Let me give examples

1. At work manager X has a tendency of forgiving Y for coming to work late
2. At home the kids know that mum is the more understanding one from when you need money to go a party to when you fail a test and she still believes you will do well the next test . After being told the same lie for the 100 nth time .
3. In your friend circle they keep mocking and ridiculing X and each time she lets it go yet it hurts her deeply.

**Second lesson ; if you plan on succeeding people should know somethings are not acceptable with you . They should not even attempt them with you cause you will realize hell on them .**





Part Two

Now the stages I am about to explain happen in every situation world wide and they lead to an individual being drained up and even stagnant with life.

## The trial

In each and everyone of us is DNA. A genetic setup that is irreversible and that makes us who we are. Similarly in everyone surrounding you is a genetic setup encoded into their character . This set up is either vile or good.

### **Third lesson ; Accept people for who they are**

You have an evil friend who enjoys gossip . Now you know she enjoys talking shit ( forgive my vulgar) and what makes you think that you are exempted from that slender.

### **Fourth lesson ; People don't change**

Fifth lesson ; They ain't nothing special about you . We are all fuxable ( in nicer words ) , we are all potential victims regardless of how much you try to be nice to others .

Now when someone takes a trial on you , you need to know cause they can may make it a habit .

Your friend says unkind words to you . That is a trial BUT you need to let them know that was an error ASAP. Otherwise you will have out yourself at an easily disposable position, where they fuck you all the time and don't care and the day you finally decide to reprimand them they kick you to the cub as if they are right , whilst you still need them . Needing them usually means yes ou were using them .

Now the trial can happen to you or on someone else

On a very serious note sin is sin and wrong is wrong. Regardless of whether it affects you or doesn't.

If you know your friend/ associate etc is a gossip monger or you learn that one random day , you need to warn them and let them go quickly that you wont stand such behavior because ;

On your friend's side bad habits have no limitations and no boundaries . In other words she wont stop at X's ugly dress . Yes she is coming for you and by then her evil skills would have been perfected.

On your part , you could become like your evil nasty friend and ruin the genuine good in you.

In true Maya Angelou style

*When people show you who they are believe them.*

The great Ms Angelou due to her kindness did not finish that quote

*...believe them and run.*

These are the qualities you need to duck from ;

Envy

Gossip

Abuse

Domination

Being taken advantage of

And every other sin condemnable in every religion .

many are like this



Now by you entertaining these people they think you are nice ( even if you know you ain't) Yet what you fail to identify is that you are not even nice by your kind deeds but just like the oxford definition you become a pleasure to them , because you are letting them do what makes them the most happy. You are causing them satisfaction by letting them fulfill their cravings on you .

So the trial comes in many forms but you success comes from your reaction .

The best reaction is to leave cause they are obviously coming again without creating much bad blood but letting them know you wont stand it .

If you cant leave (the truth I know is no one is too resourceful or important that you cant leave , because your happiness is your life. This truth applies to everyone in a high school click/squad/crew to a married women with four kids and an unfaithful husband to a young woman who believes her boyfriend loves her but doesn't know how to treat her when she "disobeys" , so he beats her.) The morale of my long quote is that we are all dispensable ( even you so treat others right ). **YOU DON'T NEED ANYTHING OR ANYONE THAT HURTS YOU .**

Now for those stuck ( which shouldn't be happening cause you should depend on only you and God ) or those who still need that someone for a while , you should go crazy on them . By go crazy I mean . State you don't stand such bull behavior and that the next time , next time it will be their death. Then even if you will still be around them , you need to block them , you block by not listening to what they say by heart but by listening to what they say intelligently by head to understand their character and habits and so you can quickly listen and react when they attack you.

### Part three

Now the threat is gone and you know you are dealing with a threat to your happiness and success. You wait or you eventually receive *Strike two*.

Old habits die hard and if your first reaction is not good enough you will get a second blow .The second blow is usually more aggressive than the first . The second blow is the aggressor testing your character . It is an insult to your humanity .And it is an insult to you not leaving the first time .

**First lesson ; Aggressors think they are entitled to you . They want to own you. They want to control you.**

Everytime someone disrespects you the second time they are saying I have no regard for you and your first reaction showed me you are nice. They are saying , you decided to be naïve and ignore me for me . You decided to see the best in me , when I feel nothing towards you. Why in your right mind did you decide to accommodate me ?

To make sure your first run with the devil the last run you are not to immediately go back to smiling and trusting them. You need to hold back and make them know that behavior is not appreciated . You can

hold back for months and months , because if you do not they realize that the first time you were trying to take control was all an act , and if you are a nice person , obviously it is an act.

**Lesson two ; When you get fucked up things should never go back to being the same.**

**Lesson three ; People don't change , they evolve .**

The truth of the matter is that after the first blow you should have left and if that's your circumstance and you on the second blow , you should leave. It is heart breaking and painful that regardless of how you would never burn another person , to any extent they still choose to hurt you , that no one is really willing to change for you or willing to break that habit of being sadistic towards you.

What the second blow simply requires is for you to denounce your aggressor full blast and let them know you won't stand it and this time leave .

It is necessary to denounce them because at this point they think they have right towards you. They think they can do whatever to you and you will give a weak response .

What you have to understand is that they are different levels of reprimanding someone wronging you and that their reaction towards your effort depends on what they expect from you and how they were raised.

It is not good enough to tell someone "I don't like what you did" to an experienced abuser that's not good enough , yet to a starter that can be road block. To an experienced aggressor cursing them out and insulting them may just do the job. To a heartless motherclucker calling the police or parents or teacher may just do .On average all evil , malicious people fear confrontation and authority, cause naturally they enjoy domination ,being the underdog and been questioned or being subdued to what they do to you , scare them. And to the insensitive being when you done calling the police or parents call on God and escape with your life or soul.

Nice people are easily identified by monsters and then painted as potential victims , who need to be lured . And that's why I say stop being nice . That's why when nice people let mothercluckers know what's up they are usually shocked and sometimes (depending on the effect) never repeat it .



Part four;

## The Pattern

When a pattern is maintained and you are used to people bringing you down , you suffer the most. You even question if fighting for you is worth it . When the abuse or pain in your life gets to an extent that it is a pattern , you need to fight for you. It is your make or break. If you know you are guaranteed to fail, you need to leave (but losing should not be an option if you have God on your side )

**Lesson Four; There is strength in numbers**

**Lesson Five ;No need to be ashamed (or to proud ) to get help**

A form of authority and higher power is necessary. This could be a teacher, a neighbor , the police , a parent or friend. Someone with no wounds like yours. Someone with ,more self esteem.

The highest power is God ( depending on your religion) and from the trial it should be God

One thing to remember about a third party is that they can work for or against you, so never depend completely on the heal yourself and get strength whilst they assist you.

Lesson Six ; Never put complete trust in anyone . Human beings are fickle , If Jesus could be betrayed by someone He had chosen , worse can happen to you. Human beings are fickle .

Also remember regardless of the third party this is still about you. Still about hurting you ,the form of authority is just a diversion to the real prize , YOU and once gone it will be back to you.

Truth be told by the time your problem is a pattern you need to stop being nice. Stop accommodating and accepting people as they come. Hold back and be more aggressive . Because in the name of being nice how can you make space , for people intending to hurt you and stop you from succeeding .

The best thing to do is flee with your life . Half the things that happened in my life would have never happened if I had left . By staying I became accustomed to the negativity .

**Lesson Seven ; Sometimes its better not to have at all. You can do without ...**

You can do without the friend who brings you down .The only things you cant do without are food , shelter and good health, the rest a lies and luxuries waiting to hurt you . You can do without the popularity of being hero yet requiring you suffer privately.

Patterns require to be broken by force and sometimes the only force is you leaving .

I don't want to give away too much so here are more memes. I promise the book will not be about memes or any of these random memes, these are just to show you what hurt people do. The memes used in the books do not in any way intend on mocking or reducing the book for the self help book it is . It is for those who have abused , in all different forms of abuse and bullying and for those who believe their or see that their kindness,patience or niceness is working against them. It is also a guide to how to become successful and remain successful. It is to help people with painful and horrible past accept their past and move forward and be content and forgiving to themselves and never letting the pain happen again.

In the book , I will discuss everything it is deep,intellectual and humorous. Sorry guys , you will have to buy the book on Amazon and other online stores by mid December 2015. Fifteen December hopefully . This is just a teaser. So download as many as you want and do comment below. Get in touch with me on [vimbai5000@yandex.com](mailto:vimbai5000@yandex.com) for your opinions and questions , do not hesitate.

Now these random memes in no particular order:













I want someone who's just in love  
with me, obsessed with me.  
Spoils me. Knows their place,  
puts me in mine & blows my  
phone up all day 😊😬

Acknowledgement to Maya Angelou

Acknowledgement to Google for the memes

This book was written by Vimbainashe Shumbanhete and it is for free. Selling it without my copyright permission is illegal. It is just a teaser for the complete book .

The memes used in the books do not in any way intend on mocking or reducing the book any less for the useful self help book.

Vimbai12345Productions

2015